

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

homemakers' chat

FOR USE IN NON-COMMERCIAL BROADCASTS ONLY

U. S. DEPARTMENT
OF AGRICULTURE

Tuesday, November 7, 1944

HH
QUESTION BOX:

How make black bean soup?
How test for ironing rayon?
How Mix raisins in batter?

ANSWERS FROM:

Home economists of the U. S.
Department of Agriculture

- - - - -

It's Tuesday. Time for our question box of the air. And I'll begin with a question from the homemaker who wants to know the trick of making good black bean soup.

You're right in thinking there are tricks to making good bean soup. Not one trick but three. That's what food specialists of the U. S. Department of Agriculture tell us. And you'll find those three tricks have a lot to do with the success of any dish of dried beans or peas.

The tricks? Well, they're simple. Just remember three words. Soak. Simmer and Season. Yes, as simple as that. Whether you make bean soup or cook dried beans any other way, you soak, simmer and season.

Soak the beans overnight or if you're serving them for the evening meal, put them on to soak in the morning so that they'll soak for five or six hours. Cook them in the water they soaked in. That's to save the vitamins and minerals. And cook until they're tender. Don't boil beans. Simmer them. Remember how good the beans tasted at Grandma's house. She cooked them on the back of the old wood range. Long hours at a moderate temperature. You can get the same results if you turn the flame low under the bean pot. And simmer the beans.

Season your beans well. Beans - and peas too - are so mild in themselves that they need special seasoning. Something salt or sour. Something fresh and crisp. Something bright and spicy. So use a dash of this and that to make them tasty.

A cup of beans will make enough bean soup to serve five or six persons. Soak them in a quart of cold water for five or six hours or overnight. Then add another quart of water before you put them on to cook.

For seasoning use salt pork, and onion and a few stalks of celery. A quarter of a pound of salt pork will season the soup you make with a cup of beans. You'll probably have to add more water. Dried beans and peas take lots of water. Turn the flame low and let the beans simmer gently until they're tender.

For a smooth soup, rub the cooked beans, onion and celery through a strainer. Take the salt pork out. You can keep the bean pulp from settling to the bottom of the kettle if you mix a tablespoon of flour with the soup. And you'll keep the flour from lumping by mixing it with a little water before you put in the soup. Oh yes, the salt pork goes back in the soup too. But chop it in fine pieces before you put it back in...so that everyone'll get some of the pork.

Serve the soup piping hot. That is, reheat it after you've rubbed the pulp through the strainer and added the flour. Serve the black bean soup in style with a slice of lemon. And you'll have a fine dish for an autumn meal.

From bean soup to blouses - that's how our questions go today. A homemaker writes, "I've just ruined another of my daughter's blouses. Pressed a hole in it. It's rayon. Now some rayon material presses just like cotton. A hot iron doesn't hurt it. How can I tell when rayon material will take a hot iron?"

That's easy. Just put a little finger nail polish remover on a scrap of the cloth. If it's acetate rayon, the polish remover will make a hole. And that's your cue to avoid the hot iron.

Textile specialists of the U. S. Department of Agriculture say that most rayons now on the market are acetate. A hot iron is acetate's worst enemy. It may melt the goods or give it a permanent shine.

Other rayons of the viscose and cuprammonium type are more like cotton. You can press them at fairly high temperatures. However, there isn't so much of these

rayons on the market. They're used for war materials. And chances are that your blouses and slips are made of acetate rayon.

So here are some suggestions for pressing acetate rayon blouses and slips. First, always use a warm iron, not a hot one. Then, press the acetate on the wrong side of the material. It's a good idea to use a heavy tissue paper as a protector. Or you may use an inexpensive, chemically treated press cloth. You may need to brush the tissue paper lightly with water to get the stubborn wrinkles out.

Now, for our final question. This one's from a homemaker who likes raisin muffins. She wants to know how to keep the raisins from sinking to the bottom of the batter.

Flouring the raisins a little before you add them to the batter will help. They'll have less tendency to sink if you chop them too. And chopped raisins spreads the flavor better. Here's a suggestion for an easy way to chop raisins. Snip them with scissors dipped in hot water.

Nutritionists of the U. S. Department of Agriculture tell us that raisins are a good source of iron. They contain fair amounts of other minerals and the B vitamins. They're high in natural fruit sugars too. All of which add up to good reasons for using raisins.

